



DEPARTMENT OF THE AIR FORCE
HEADQUARTERS UNITED STATES AIR FORCE
WASHINGTON, DC

MAR 20 2003

MEMORANDUM FOR HQ ACC/SG	HQ AFIA/SG	HQ AFMC/SG	NGB/SG
HQ AFPC/DPAM	AFMSA/CC	HQ AFRC/SG	311 HSW/CC
HQ AFSOC/SG	HQ AFSPC/SG	HQ AMC/SG	HQ AIA/SG
HQ AETC/SG	ANGRC/SG	HQ PACAF/SG	11 MDG/CC
HQ USAFE/SG	HQ USAFA/SG	USAFSAM/CC/FEC	


FROM: AFMOA/CC
110 Luke Avenue, Room 405
Bolling AFB, DC 20032-7050

SUBJECT: Operational Use of 'No-Go' Pills in Aviators and Special Duty Personnel

The purpose of this memorandum is to re-emphasize AFMOA/CC policy promulgated at Atch 1 and available at <https://www.afms.mil/aeromed/docs/policy/2001/NoGoPill.pdf> on the procedures to be followed for the ground testing and operational use of 'No-Go' Pills in aviators and special duty personnel.

MAJCOMs are requested to ensure that Flight Medicine and Aerospace Physiology staffs are familiar with the attached policy in order to provide appropriate education to aviators and special duty personnel. AF/SG has endorsed the USAF Endurance Management Program and has designated 2003 as 'Endurance Management Year'. A range of educational support tools is available at http://wwwsam.brooks.af.mil/web/enhance/cope/html/cope_fat_endure-manage.htm.

My POC for this issue is Wing Commander Victor Wallace, AFMOA/SGZA, 110 Luke Avenue, Room 405, Bolling AFB, DC 20032-7050, DSN 297-4200, e-mail victor.wallace@pentagon.af.mil


GARY H. MURRAY, Brig Gen, USAF, DC
Commander
Air Force Medical Operations Agency
Office of the Surgeon General

Attachment:
AFMOA/CC Policy Memorandum dated 25 October 2001

cc:
HQ USEUCOM/ECMD
USCENTCOM/CCSG



DEPARTMENT OF THE AIR FORCE
HEADQUARTERS UNITED STATES AIR FORCE
WASHINGTON, DC

OCT 25 2001

MEMORANDUM FOR HQ ACC/SG	HQ AFIA/SG	HQ AFMC/SG	NGB/SG
HQ AFPC/DPAM	AFMSA/CC	HQ AFRC/SG	311 HSW/CC
HQ AFSOC/SG	HQ AFSPC/SG	HQ AMC/SG	HQ AIA/SG
HQ AETC/SG	ANGRC/SG	HQ PACAF/SG	11 MDG/CC
HQ USAFE/SG	HQ USAFA/SG	USAFSAM/CC/FEC	

FROM: AFMOA/CC
110 Luke Avenue, Room 405
Bolling AFB, DC 20332-7050

SUBJECT: Revised Duty Limitation Times for the Ground Testing and Operational Use of
Temazepam, Zolpidem and Zaleplon in Aviators and Special Duty Personnel

Effective immediately, this policy memorandum revises the minimum ground testing and operational timing schedules for each of the USAF approved 'No-Go' pills in aviators and special duty personnel. For the purposes of this policy memorandum, special duty personnel include members of Aeromedical Evacuation Teams and Critical Care Aeromedical Transport Teams. Ground testing is to be carried out IAW the following common procedures for Temazepam (Restoril®), Zolpidem (Ambien®) or Zaleplon (Sonata®):

- a. A successful ground test of a selected 'No-Go' pill is to be completed prior to its operational use.
- b. If a successful ground test has been completed previously for a particular 'No-Go' pill, there is no requirement to repeat the test.
- c. The 'No-Go' pill overprint SF 600 at Attachment 1 is to be completed and enclosed in the individual's medical records.
- d. Individuals being ground tested must be placed in Duties Not Including Flying (DNIF) Status.
- e. Results must be reviewed prior to Return to Flying Status but not earlier than the specific DNIF time guidance for each drug.
- f. Personnel reporting side effects should be evaluated immediately.
- g. Side effects are to be annotated on FDA Form 3500 and forwarded to both the FDA Med Watch Program (as directed) and MAJCOM/SG.

h. AF Form 1042, Medical Recommendations for Flying or Special Operational Duty, and DD Form 2766, Adult Preventive and Chronic Care Flow sheet, are to be completed prior to operational 'No-Go' pill use.

The following DNIF periods, specific to each 'No-Go' pill, are to be applied both during ground testing and in operational use, and they represent the time from taking the 'No-Go' pill to the start of the crew duty period:

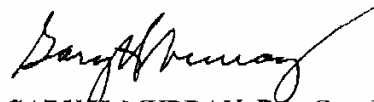
a. Temazepam (Restoril®). A dose not exceeding 30mg is to be taken with a minimum DNIF period of 12 hours before the resumption of duties, based upon its elimination half-life of 8 hours and peak plasma concentration at 1.5 hours.

b. Zolpidem (Ambien®). A dose of 10mg is to be taken with a minimum DNIF period of 6 hours before the resumption of duties, based upon its elimination half-life of 2 hours and peak plasma concentration at 1.5 hours.

c. Zaleplon (Sonata®). A dose of 10mg is to be taken with a minimum DNIF period of 4 hours before the resumption of duties, based upon its elimination half-life of 1 hour and peak plasma concentration at 30-60 minutes.

Temazepam (Restoril®) and Zolpidem (Ambien®) use is restricted to a maximum of 7 consecutive days and no more than 20 days in a 60-day period. Zaleplon (Sonata®) may be used for up to 10 consecutive days and no more than 28 days in a 60-day period.

My POC for this issue is Wing Commander Victor Wallace, AFMOA/SGZA, 110 Luke Avenue, Room 405, Bolling AFB, DC 20332-7050, DSN 297-4200, e-mail victor.wallace@usafsg.bolling.af.mil.



GARY H. MURRAY, Brig Gen, USAF, DC
Commander
Air Force Medical Operations Agency
Office of the Surgeon General

Attachment:
"No Go" Pill Form 1

cc:
HQ USEUCOM/ECMD
USCENTCOM/CCSG

HEALTH RECORD		CHRONOLOGICAL RECORD OF MEDICAL CARE													
DATE	SYMPTOMS, DIAGNOSIS, TREATMENT, TREATING ORGANISATION (Sign each entry)														
GROUND TESTING OF NO-GO PILLS - PART 1 - TESTING															
	Medically cleared for No-Go Pill ground testing based on focused history?: Y <input type="checkbox"/> N <input type="checkbox"/>														
	Instructions for ground testing fully explained: Y <input type="checkbox"/> N <input type="checkbox"/>														
	Script provided to patient:mg po at hs x 1 Y <input type="checkbox"/> N <input type="checkbox"/>														
	Patient advised to follow up next duty day, or sooner if unusual effects occur: Y <input type="checkbox"/> N <input type="checkbox"/>														
	AF Form 1042 signed - patient DNIF during ground testing period: Y <input type="checkbox"/> N <input type="checkbox"/>														
	Suspended from PRP; stamp completed? N/A <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/>														
<div style="display: flex; justify-content: space-between;"> Flight Surgeon signature Name Rank Date </div>															
GROUND TESTING OF NO-GO PILLS - PART 2 - RESULTS															
	NO-GO PILL:mg														
	DATE INGESTED: TIME INGESTED:														
	ADVERSE EFFECTS: Y <input type="checkbox"/> Complete FDA 3500 - MedWatch N <input type="checkbox"/>														
	Comments:														
	PATIENT SATISFIED WITH NO-GO PILL?: Y <input type="checkbox"/> N <input type="checkbox"/>														
	CLEARED TO FLY, AF FORM 1042 COMPLETED AND SIGNED? Y <input type="checkbox"/> N <input type="checkbox"/>														
	DD FORM 2766 UPDATED? Y <input type="checkbox"/> N <input type="checkbox"/>														
	CLEARED FOR OPERATIONAL USE WITH NO EFFECT ON PRP STATUS? Y <input type="checkbox"/> N <input type="checkbox"/>														
<div style="display: flex; justify-content: space-between;"> Flight Surgeon signature Name Rank Date </div>															
PATIENT'S IDENTIFICATION (Use this space for Mechanical Imprint)		<div style="border: 1px solid black; padding: 5px;"> RECORDS MAINTAINED AT: <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td colspan="2">PATIENT'S NAME (Last, first, Middle initial)</td> <td>SEX</td> </tr> <tr> <td>RELATIONSHIP TO SPONSOR</td> <td>STATUS</td> <td>RANK/GRADE</td> </tr> <tr> <td colspan="2">SPONSOR'S NAME</td> <td>ORGANIZATION</td> </tr> <tr> <td>DEPART./SERVICE</td> <td>SSN/IDENTIFICATION NO.</td> <td>DATE OF BIRTH</td> </tr> </table> </div>		PATIENT'S NAME (Last, first, Middle initial)		SEX	RELATIONSHIP TO SPONSOR	STATUS	RANK/GRADE	SPONSOR'S NAME		ORGANIZATION	DEPART./SERVICE	SSN/IDENTIFICATION NO.	DATE OF BIRTH
PATIENT'S NAME (Last, first, Middle initial)		SEX													
RELATIONSHIP TO SPONSOR	STATUS	RANK/GRADE													
SPONSOR'S NAME		ORGANIZATION													
DEPART./SERVICE	SSN/IDENTIFICATION NO.	DATE OF BIRTH													

INSTRUCTIONS FOR USE

No-Go Pill Form 1 is a two-part form. Both parts need to be completed and signed for the patient to be certified to fly.

Part 1 records all pertinent information pertaining to an aircrew member prior to commencement of No-Go Pill ground testing. It acts as a checklist and must be completed prior to the issue of No-Go Pills. Focused history should center on current medications, alcohol usage and other potentially confounding diagnoses that would preclude a safe or valid ground test.

Aircrew will not fly and will be suspended from PRP status (if applicable) a minimum period of 12, 6 or 4 hours following ingestion of Temazepam, Zolpidem or Zaleplon respectively.

Aircrew members should be advised to return on the next duty day, or sooner if unusual symptoms are experienced.

Part 2 documents the results of ground testing of No-Go Pills and must be completed following each ground test. Authorized medication and dosage should be noted and the patient cleared to fly for that specific medication and dosage (e.g. Temazepam 30mg).

If the aircrew member experiences any adverse effects during No Go Pill ground testing, an FDA Form 3500 – MedWatch should be completed and forwarded as directed. A copy of this form should also be forwarded to MAJCOM SG.

Each form should only be used for one No-Go Pill dosage level (e.g. Zolpidem 10mg). If new dosages or medications are to be tested, a new No-Go Pill Form 1 should be completed.

In addition to Parts 1 and 2 of No-Go Pill Form 1, the following forms must also be completed prior to final authorization of operational No-Go Pill usage, and before the individual is returned to flying duties following ground testing:

- AF Form 1042 (Medical Recommendations for Flying or Special Operational Duty)
- DD Form 2766 (Adult Preventive and Chronic Care Flowsheet)

The medication must also be cleared for operational use with no effect on PRP status (if applicable).

(Note: More medication options are expected in the near-term. Check current Air Force policy for the most current listing. It is recommended that crews be ground tested for each pharmacological approved by the Air Force in order to provide maximal operational flexibility for you to help them combat fatigue.)